



**For information and assistance
on services and programs in
your area call**

1 (800) 510-2020

TIPS FOR SENIORS

Facts about Seniors & Alcohol

**According to the California Dept.
of Health Services:**

- ❖ In 2001, there were 834 alcohol-induced deaths among Californians age 65 & up

**According to the National
Institutes of Health:**

- ❖ 1 in 13 American adults has a problem with alcohol, or is an alcoholic
- ❖ Annual national alcohol abuse-related costs total \$185 billion
- ❖ In 2000 the cost of medication-related problems rose to \$177 billion

**According to the American Society
on Aging:**

- ❖ 17% of adults age 60 and over nationwide misuse alcohol and medications

- ❖ Among older adults, alcohol related hospitalization rates are similar to those for heart attacks
- ❖ Older adults consume 34% of all prescription drugs
- ❖ Older adults are more compliant with treatment plans and have treatment outcomes equal to or better than younger children
- ❖ In addition to providing free screenings, organizations that participate in National Alcohol Screening Day provide information about recognizing the signs of at risk prescription drug and alcohol abuse as well as their effect on overall good health

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- ❖ The Substance Abuse and Mental Health Administration, SAMHSA (1998) found that alcohol is a significant, unrecognized, factor among the following adverse health issues for older adults:
 - a. Falls and injuries
 - b. Medication adherence issues
 - c. Mental health issues such as depression, anxiety, suicide and family violence
 - d. Mental status changes such as confusion, cognitive loss and delirium
 - e. Cardiovascular illnesses such as hypertension, heart disease
 - f. Endocrine illnesses such as glucose intolerance
 - g. Breast, esophageal and colon cancer
 - h. Neurological problems such as peripheral neuropathy, strokes, ataxia, dementia
 - i. Gastrointestinal illnesses such as diarrhea, incontinence and liver failure
 - j. Alcohol use disorders are frequently one of a number of co-occurring illnesses in older adults